



BATTLE CREEK SANITARIUM

THE BATTLE CREEK SANITARIUM

A SHORT ACCOUNT OF ITS AIMS
AND ACTIVITIES AND OF
THE METHODS AND RESOURCES
AVAILABLE FOR THE CARE AND
TREATMENT OF PATIENTS

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THE DIGNIFIED ENTRANCE
OF THE MAIN BUILDING

A Page of History

FORTY years ago the idea that right living was an important factor in the restoration or conservation of health was something of a novelty. Here and there a physician ahead of his time tried to surround his patients with favorable physical conditions for the successful treatment of disease but these conditions were difficult to provide. Natural curative agencies, largely in the hands of the laity, were used without the aid of scientific direction.

Back in 1866 a little group of men who believed that nature alone could cure bought a small two-story farm house near the village of Battle Creek and opened a "water cure." The movement survived but made no considerable growth or progress for the first ten years, so the institution with its primitive equipment and little group of wooden buildings passed into the hands of the present management. At that time, the "Western Health Reform Institute," as it was then known, had only twelve patients. With new methods and equipment and facilities, came increased patronage and within a few months the new Sanitarium accommodated a hundred guests.

Rational and scientific hydrotherapy replaced the old-time empiric methods. Apparatus and appliances were promptly installed to utilize the powerful but little-used resources of physiologic medicine. It was the dawn of a new era in the science of healing. This idea of an institution, which offered homelike comfort with the medical advantages of a thoroughly equipped hospital, met with the approval of physicians everywhere; patients came from all parts of the land and within a few months the new management had begun a building capable of accommodating twice as many guests as before. Although new buildings were added year after year, the management soon found themselves face to



A CORNER IN THE
PALM GARDEN

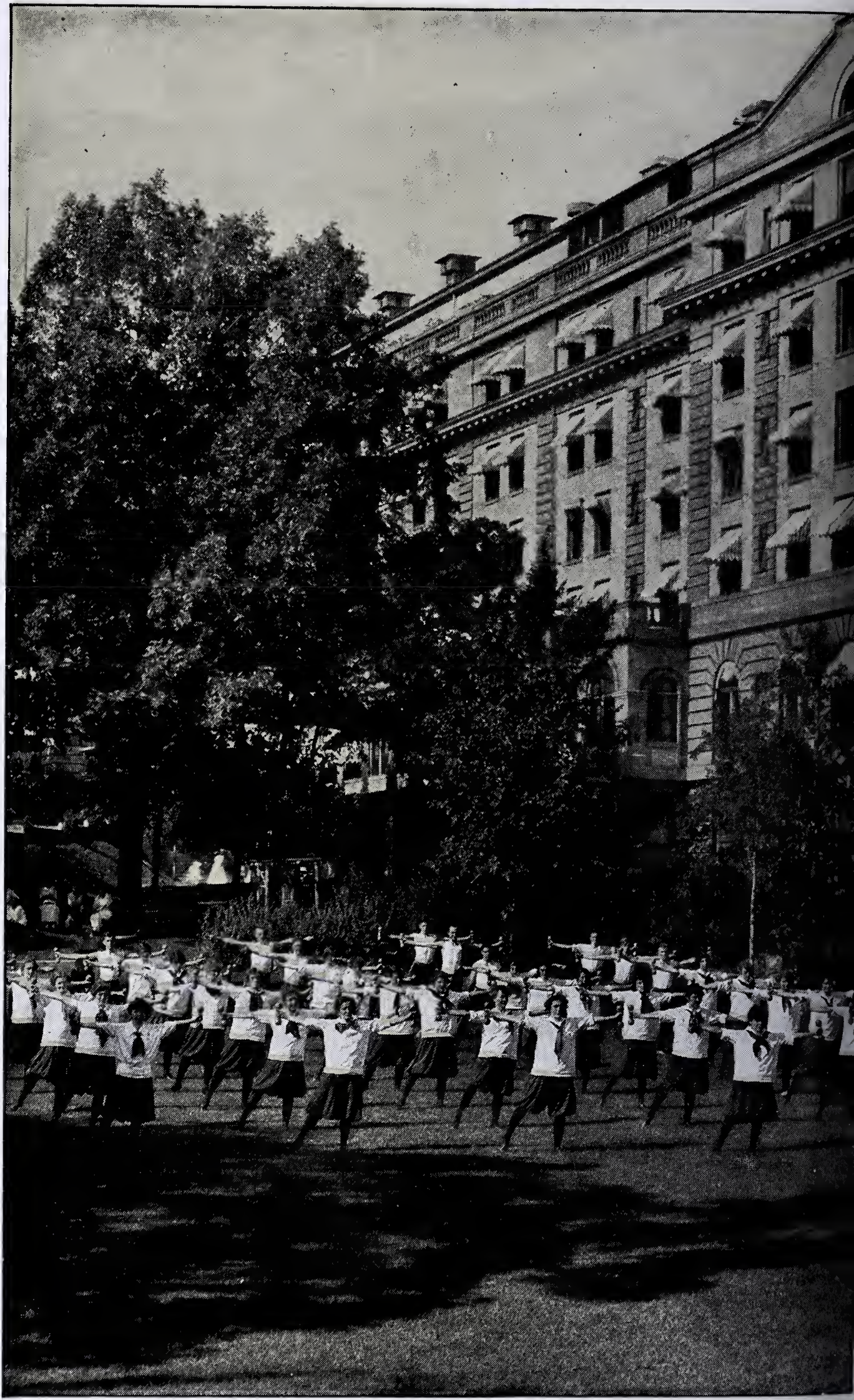
face with a serious problem, for the number of patients had reached seven hundred. Something had to be done and done quickly.

The problem was solved by the present main building. Architecturally beautiful, absolutely fire-proof, it stands as the most perfectly adapted building in the world to the special purpose for which it was erected. This building cost \$800,000 and has rooming accommodations for about 500 guests. With the Annex, and its various halls and cottages the Sanitarium can now care for over 1200 patients.

The Sanitarium family—including physicians, with nurses, dietitians, specialists in phototherapy, massage, Swedish movement, and other assistants—numbers in all about twelve hundred persons, one employe for each patient during the busy season.

The Sanitarium is conducted solely for public welfare. Physicians, managers, nurses—everybody concerned in the work—are interested in it from the scientific and philanthropic standpoint and take as their chief compensation the satisfaction of developing those principles of hygiene and treatment of disease which have come to be known the world over as the "Battle Creek Idea."

From the beginning the Sanitarium has paid no dividend or profit to any private individual. The revenues are devoted to extending the work of the institution and to the support of the educational activities connected with it.



A PHYSICAL CULTURE
CLASS AT WORK

For Health and Happiness

THE one purpose of the great establishment at Battle Creek is to help people get well and keep well.

The large medical staff, the great group of buildings, the laboratories, the gymnasiums, the varied apparatus for diagnosis, for treatment, and for corrective exercises, have been assembled with a view to making the Sanitarium a "University of Health" where every therapeutic measure recognized by modern medical science is available.

"Nature alone can cure: this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure."

Nature has no "cure-alls," no "short cuts," no magical methods, no panaceas. Water, air, sunshine, heat, natural diet and natural living—these are the agents essential to the maintenance of vigorous, efficient life, these are the agents which accomplish the most in the cure of disease. By the aid of science, these measures have been rescued from empiricism and gradually organized into a complete rational system of therapeutics, known as The Battle Creek Sanitarium System.

Physicians do not heal. Medicine, baths, and other so-called remedial measures are powerless to heal. The healing power is in the blood—the same power that restores disordered functions and repairs damaged tissues. All that physicians and remedies can do is to aid in removing causes of disease and supplying favorable conditions. Physiological remedies, such as water, electricity, massage, exercise, sunlight, and regulation of diet and daily habits, possess a wonderful controlling influence over the healing power of the body. By regulating the movements of the blood, the greatest of all remedial agencies, and by stimulating and controlling

the vital activities of the body the healing process is carried forward.

The body is its own physician. The living, creative energy which dwells in every human being is the healer as well as the creator of the body. The aim of the physician or nurse is merely to co-operate with this healing power by the use of those agencies which science and practical experience have shown to be most potent and permanently efficacious.

Since most chronic ailments are due to wrong habits or unwholesome conditions of life, no cure can be permanent which does not correct these habits and conditions. Palliative drugs afford temporary relief, but they cannot cure.

A permanent cure requires a change in the patient, a regeneration of tissue, a complete body transformation, such as can be secured in no other way than by the physiologic way.

The physiologic method concerns itself first of all with causes. In the case of chronic maladies, these will generally be traced to erroneous habits of life which, through long operation, have resulted in dissipation of the vital forces of the body. Such derangement of the bodily functions breaks down the natural defenses, lowers vitality and morbid conditions result. It is not disease, then, but the causes of disease that must be overcome if a permanent cure is looked for.

In order to apply physiologic methods of treatment correctly, there must be a great variety of specialized agencies at the physicians' disposal. A prescription for exercise, for diet, for baths or for electrical or vibratory treatment should be as exact as a prescription from the pharmacopoeia. The great health resort at Battle Creek is unique in its wealth of physiotherapeutic agencies. This enables the medical staff to adapt the treatment with precision to the individual case.

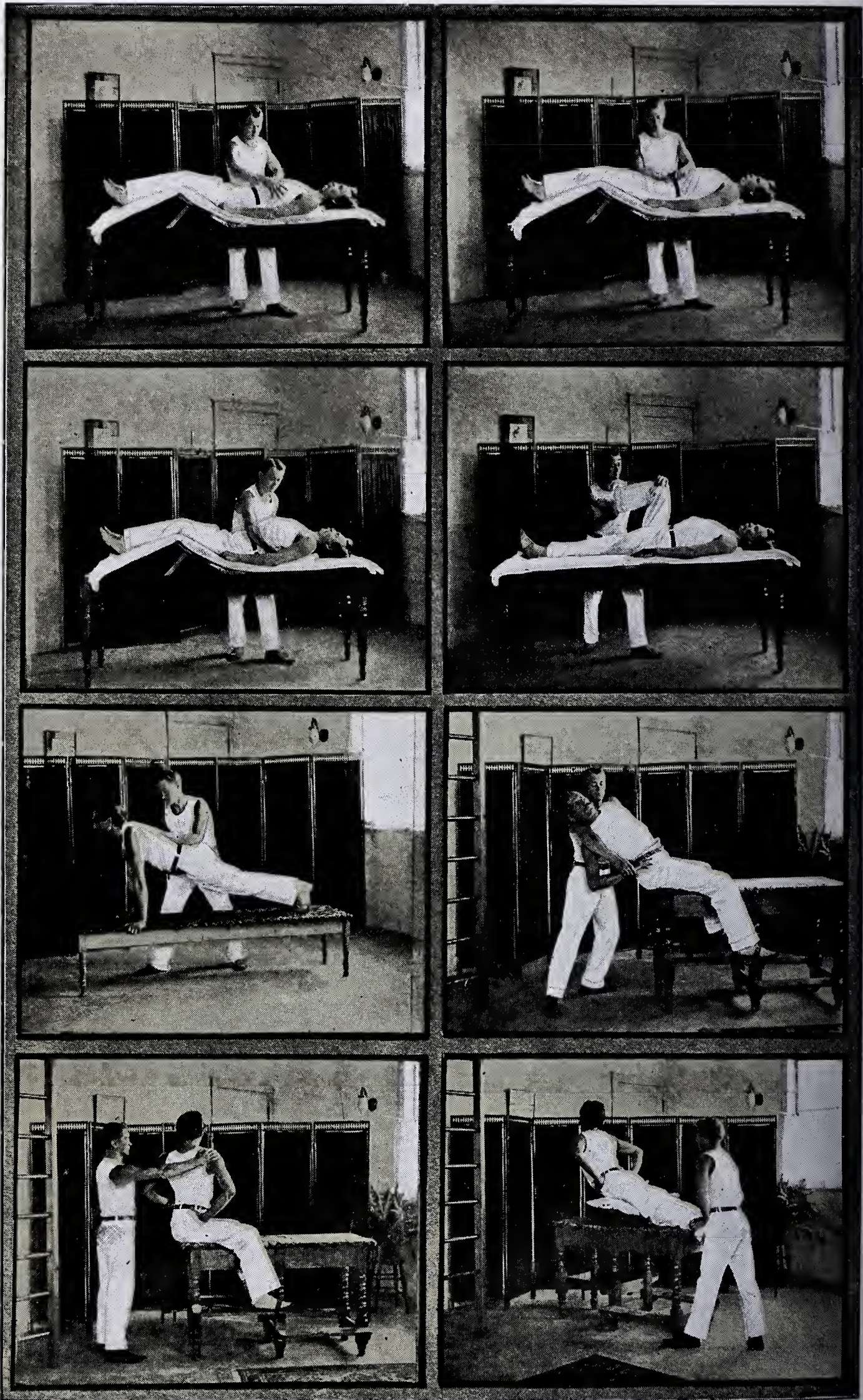
The cheerful and interesting environment which sur-

rounds patients contributes substantially to their comfort and progress. The great Main Building offers the comfort and luxury of the highest type of resort hotel with many added attractions of its own. Upon entering the lobby the visitor is impressed with the air of quiet dignity and simplicity characteristic of the whole institution. The majestic columns, the flower balcony, the fascinating glimpses of the palm garden, all impress a newcomer with the care that has been taken to make this a most attractive place.

This great building has a perfect indoor climate of its own—winter and summer. Every corner receives its constant supply of fresh air, maintained at 75 degrees by day and 70 degrees at night. Outside, the bracing Michigan air lends its tonic benefits to the constant succession of outdoor pursuits which are such an important feature of the treatment. The tropical garden opening off of the main lobby is always a delight to guests. Its tropical plants and hidden waterfall give the illusion of outdoors to patients not yet able to share in the more active pleasures.

Excellent roads for walking, driving and motoring are found in every direction. Golf links nearby are at the service of the guests, while the tennis courts, both turf and concrete, are kept in the prime of condition. This northern country is famous for its winding rivers and picturesque lakes. At the nearest of these, Lake Goguac, the Sanitarium maintains a Villa for the comfort of its guests. This makes winter and summer water sports available under the most comfortable conditions.

In every detail this great institution has been planned not only for health but for happiness. At Battle Creek the sombre atmosphere of the hospital is replaced by the comfort and pleasure of a great resort hotel but with every feature carefully arranged to afford patients the greatest possible physical benefit.



MEDICAL GYMNASTICS

The Physical Inventory

A BUSINESS man takes an inventory of his affairs at least once a year, sometimes oftener. *He must know where he stands.* If he is losing ground financially, prompt knowledge of the fact will enable him to take steps to convert loss into gain.

The physical inventory is at least as important as the financial one. Every person past forty and every person who has had a serious disease or a general breakdown should have a thorough physical examination—a stock-taking of his physical resources annually.

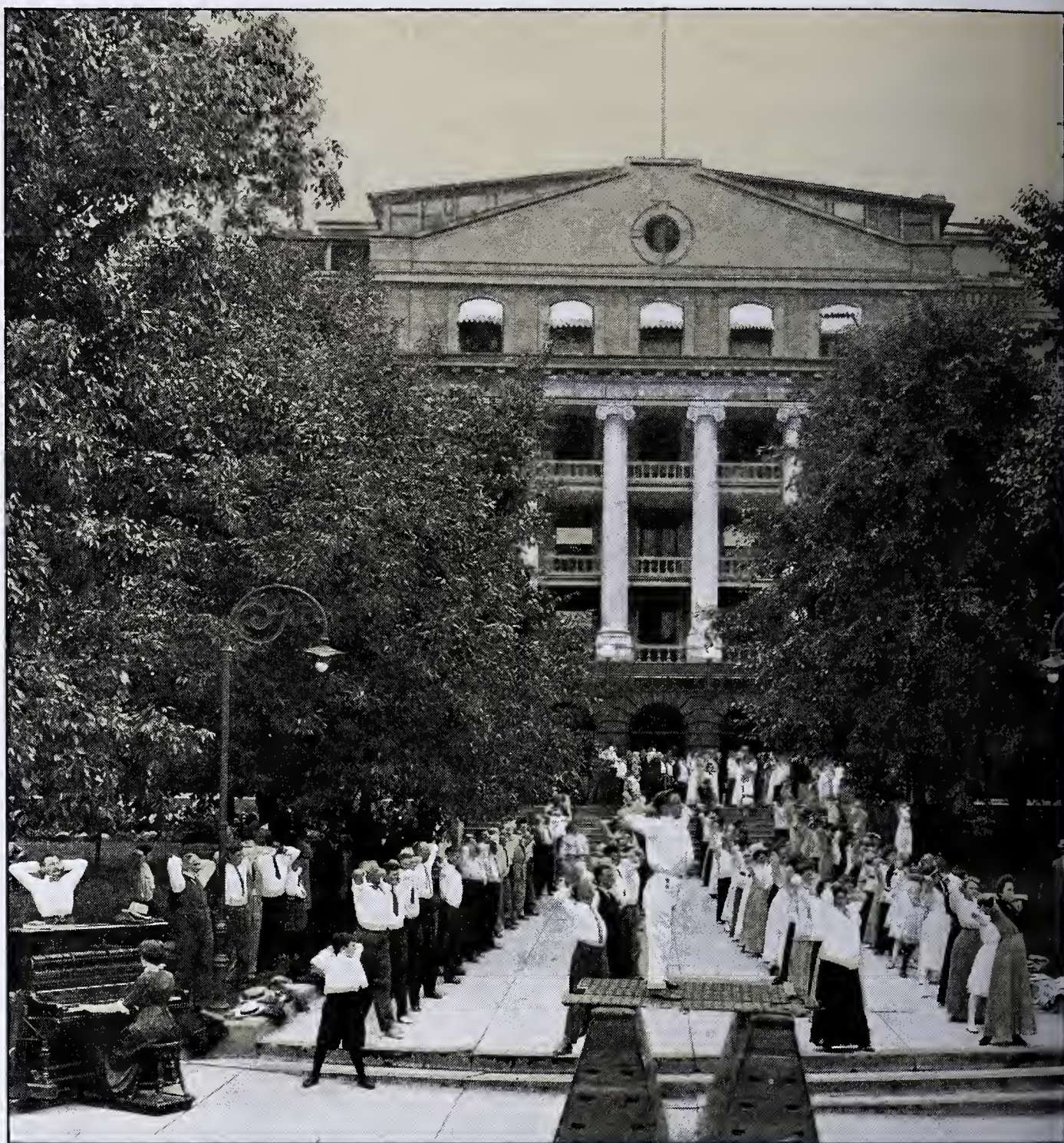
The method of treatment at Battle Creek is based on an exact and complete knowledge of the vital condition of the patient. This thoroughgoing inquiry is an indispensable preliminary in every case accepted for treatment. If a patient has been under a physician's care at home, a letter of introduction with the physician's history of the case is highly valued and is found very helpful.

The physical development of the body and the condition of every organ and function are carefully noted. The aim of the examination is not simply to discover symptoms but to learn the exact state of the fundamental vital processes.

A gratifying result of this searching physical examination is that very often a patient who has been dreading a grave disease is relieved of his apprehensions and given new courage by the thoroughness and scientific accuracy of the Battle Creek health inventory. He is thus enabled to co-operate with confidence and enthusiasm in the treatment which will relieve his real ailment.

What are the items of a physical inventory?

The entire body is carefully surveyed and height and weight noted. Any deviation from normal is taken account of for future diagnosis. The strength of each important group



Exercises on the Terrace

of muscles is tested on the dynamometer and a “strength graphic” is charted to show muscular efficiency. With constitutional and functional conditions known, the physician is able to prepare an exercise prescription exactly suited to the individual case. The effectiveness of carefully prescribed exercise is shown by the fact that a second “strength graphic” of the patient often shows that the weakest groups of muscles have become normal or even the strongest.

The blood examination is very important. It includes a

test of the blood pressure (one of the most reliable indications of the state of the blood vessels and hence of the whole body) the blood count and a thorough chemical examination.

Digestive tests are very thorough. For the first day of his stay a patient enjoys the Sanitarium diet as an epicurean novelty. From then on his diet is carefully supervised by physicians and dietitians. The findings of the gastric laboratory show the exact percentage of variation from normal and indicate the diet prescription which will bring quickest and surest improvement. Guesswork is entirely eliminated. The Sanitarium methods of examination have been developed as a result of years of research and investigation and are the most elaborate and exact in use anywhere in the world.

Nerve tests are conducted by various interesting instruments of extreme delicacy and accuracy. Thousands of cases of nervous disorder have been successfully treated at the Sanitarium on the principle that they are due primarily to unnatural habits of life and that the correction of these habits will bring speedy relief in nervous troubles.

The physical inventory is the logical preliminary to that process of reconstruction which is the object of the Sanitarium physician. The patient who is chronically sick has something more than an assortment of bad symptoms. Back of his disordered functions is an abnormal diseased condition of tissues. There is no chronic disease without deteriorating changes in the blood. From diseased blood come diseased tissues and disordered actions. Blood, nerves, muscles, glands, must be renewed and rebuilt.

This thorough diagnosis makes possible the selection of rational recuperative means by which the building up of new tissue is encouraged. The result is that the patient not only feels that he is a new man but actually he becomes a new man.



ATTENDANTS IN
THE MEN'S BATHS

The Road of Right Living

THE invalid has only one road to the recovery of health. This is the road of right living.

In the usual environment it is a difficult road to travel. It is not easy to procure the correct diet. Exercise is taken haphazard and without a definite prescription. The varied apparatus for utilizing the great curative agents, light, water, and electricity, is in most places lacking or very meagre.

At Battle Creek, the road of right living is made as easy as possible for the patient and his progress is facilitated by many unique means. The right diet for his case is not only prescribed but provided in the exact quantity and kind he needs. There is no fixed routine of baths, no "course" of treatment, but a comprehensive system of health training for every organ of the body.

HYDROTHERAPY

The baths at Battle Creek are famous the world over. Two large buildings, one for men, the other for women, are devoted to hydriatic treatment. The great swimming pools are favorite places of resort every day in the year, and swimming is strongly recommended as good sport as well as good exercise. Under skilled instructors and safe conditions, patients who do not know how to swim learn the art in a few days.

The Sanitarium system gives prominence to hot as well as cold applications and employs a variety of special baths, hot and cold, administered under the most careful medical direction. Scientific hydrotherapy affords the most direct and expeditious means of influencing the great processes of life. There is no way by which the bodily functions may be so perfectly and quickly controlled as by hydriatic measures applied with intelligence and skill.

AIR AND LIGHT BATHS

Air baths—the cold air rub, the cold air douche, are used as tonic measures where cold water applications are interdicted. The electric light bath is frequently combined with the air bath for stimulating the skin and modifying the circulation. The first electric light bath ever used was designed at the Sanitarium and the thousands of such baths now installed in American and European hospitals and private homes closely follow this original model.

ELECTROTHERAPY

Electricity is a valuable therapeutic agency when associated with other physiologic means and when employed with scientific precision. At the Sanitarium electricity is used in its various well-known forms—diathermy, galvanic, faradic and static currents, but the most important place is given to the special form of electricity known as the sinusoidal current. This is largely employed as a means of passive exercise in cases where it is impossible for the patient to take exercise through ordinary forms of muscular activity.

SWEDISH MOVEMENT

The apparatus for mechanical exercise is greatly enjoyed by many patients who find that these operations are not only pleasant and interesting but that they dissipate aches, pains and discomforts in a very surprising way. Series of graduated mechanical movements are prepared for different maladies. Vibratory treatments are employed in many cases with decided benefit. Mechanical massage secures splendid results in the treatment of obesity and neurasthenia.

MASSAGE

A score or more of skilled masseurs and masseuses are constantly employed in the Sanitarium treatment rooms and

students are always in training as they may be required. The soothing manipulations of the skilled operator are wonderfully quieting to tired or irritated nerves. Deformities, displacements, and certain forms of heart disease show marked improvement when massage is correctly employed.

PHYSICAL TRAINING

Under the chapter entitled "Exercise and Rest" there will be found a detailed description of the important part played by physical training in the Sanitarium treatment.

Nowhere else in the world is the road of right living made so pleasant and profitable for the patient as at Battle Creek. He encounters no impossibilities and few difficulties; he must, however, resolve to travel it conscientiously.

Getting well by this right-living road is a most interesting and delightful process. Every day finds some bad habit more nearly conquered, some physical disability less insistent and annoying. The discomforts and sufferings due to wrong living grow less and less while mental and physical powers become stronger. Every step of the way is marked by the sense of definite progress—a true milestone way along the road.

Just Tired.

Every season brings to this great health resort scores of patients who have no organic disease; men and women who have lost energy, hopefulness and the enjoyment of life because they have let their physical powers deteriorate.

At the Sanitarium such patients are taught to rest scientifically. Unnecessary expenditures of energy are avoided but the tired muscles are toned and trained. The carefully graduated exercise prescription gives each day its record of advance. Wornout tissues are rebuilt. Hope and energy gradually return and the patient who came "all tired out" regains his normal store of energy.



BANQUET OF THE
RACE BETTERMENT CONFERENCE

Dieting a Delight

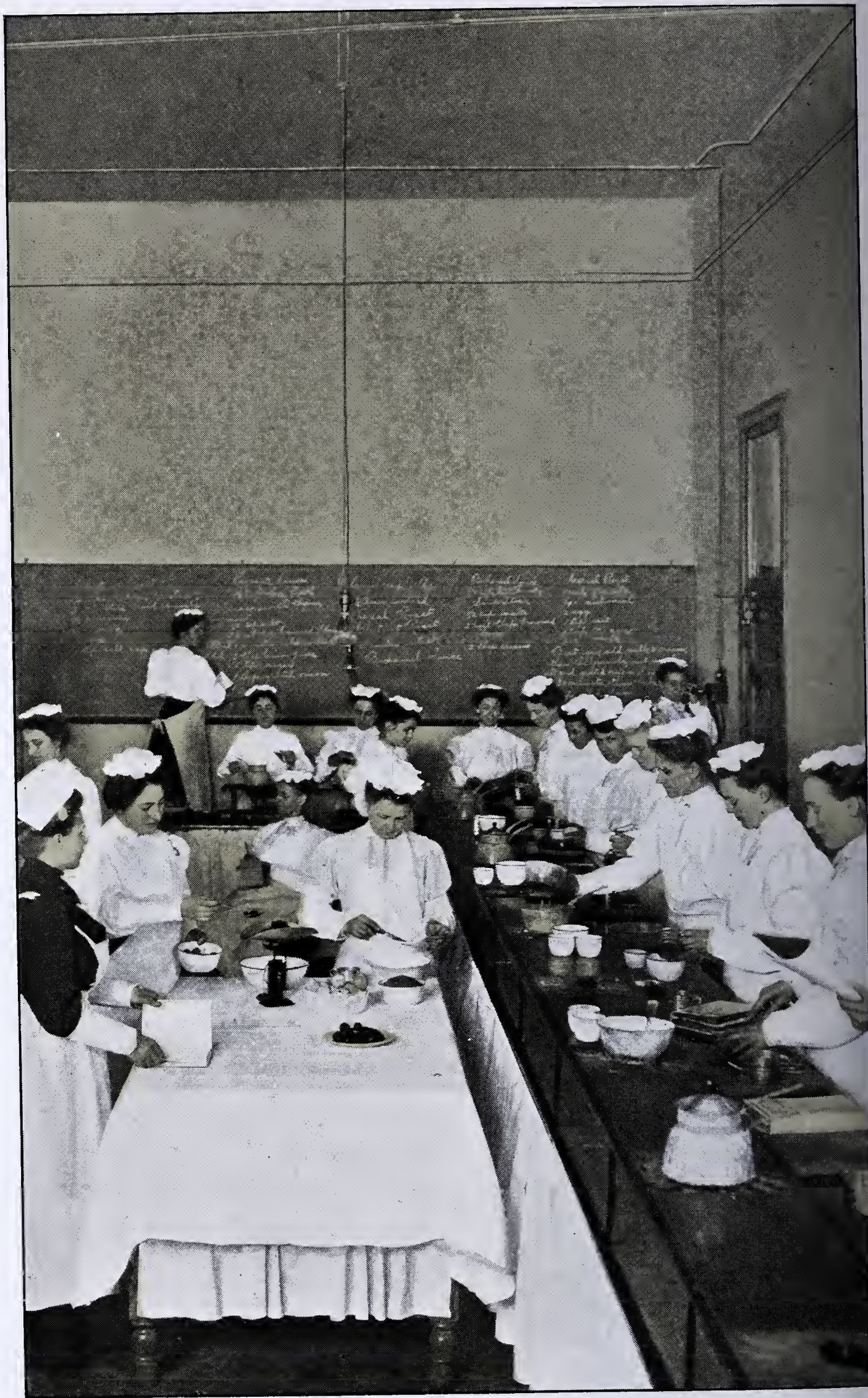
THE great majority of invalids are suffering directly or indirectly from bad habits of eating and drinking.

The modern dietary has many faults which result in maladies of the gravest character. Diseases due primarily to infection of the alimentary canal increase steadily year by year. The relief and correction of these troubles is possible only through radical reforms in habits of eating and drinking.

The diet system at Battle Creek has been built up through thirty years of scientific research. While it is in some respects a rigorous system in that it excludes from the menu a long list of familiar foods, it is the easiest diet in the world for the patient to follow because it offers such a variety of tempting and delicious dishes to take the place of those that are prohibited.

Simple, natural, wholesome foods of the finest quality make up the Sanitarium bill of fare. Three large farms and several greenhouses furnish fresh vegetables in abundance. Dairy supplies come from known and carefully inspected sources. The finest fruits, fresh and preserved, are served at every meal. In addition to these there is a long list of special foods for which Battle Creek is famous. The toasted wheat flakes, corn flakes and rice flakes first prepared at Battle Creek, are now familiar on breakfast tables everywhere. They form only part of the list of dextrinized cereals invented at the Sanitarium to take the place of starchy mushes.

In place of flesh meats the Sanitarium uses vegetable meats, very delicious and appetizing, and with more nutritive properties than steaks or chops. The high protein diet of the average family or hotel table is replaced by a perfectly balanced ration which reduces the protein supply to the amount actually needed by the human body. At Battle



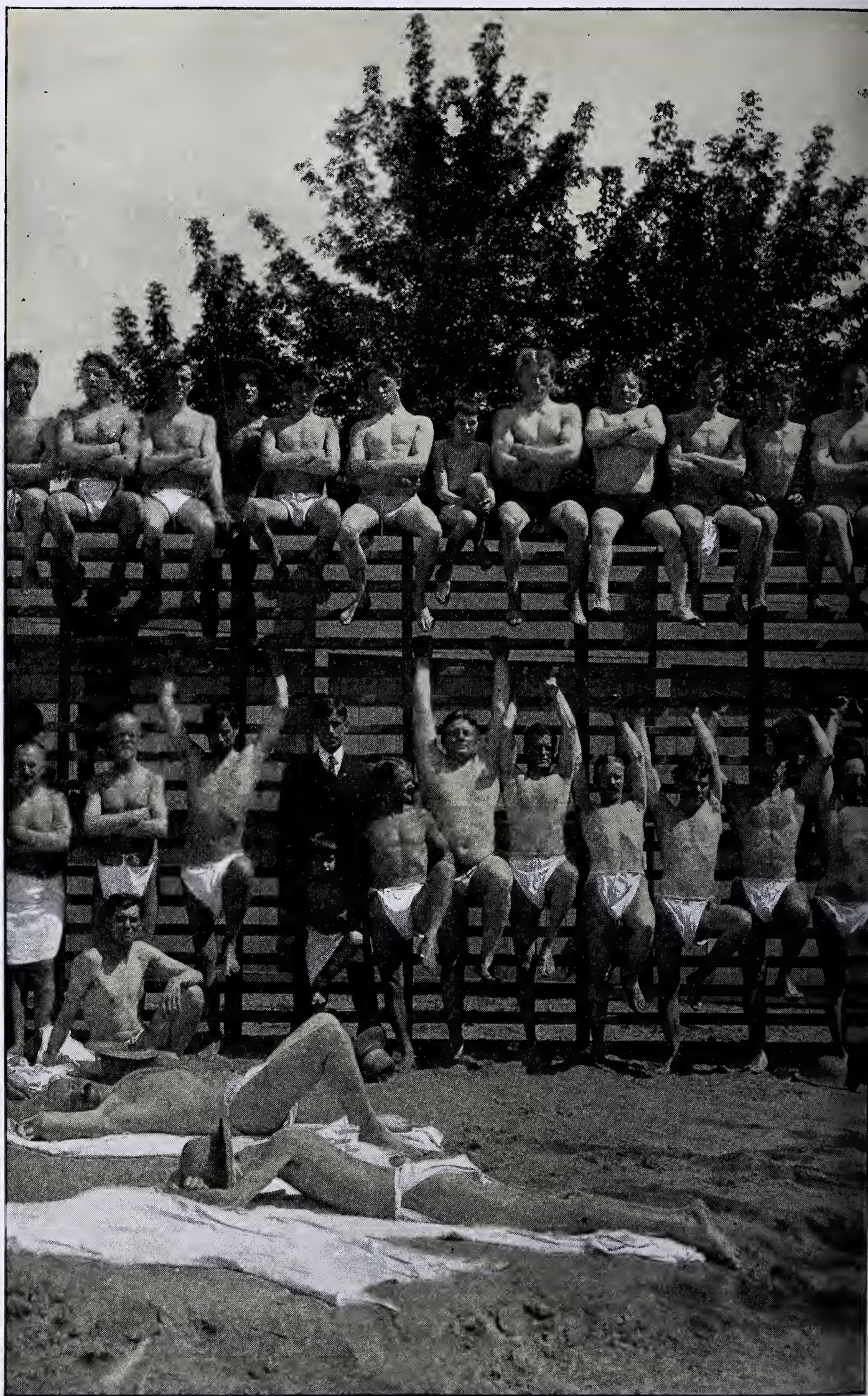
WORK IN THE
DIET LABORATORY

Creek years of scientific study and practical experiment have been devoted to building up a low protein diet which is so excellent and varied that it very readily supplants the heavy toxic high protein dietary.

The great kitchen is a food laboratory where trained dietitians prepare the food with the precision and exactness of a scientific process. Every dish is perfectly cooked and served in the most appetizing way.

An interesting feature of the dietary is the caloric system by which the patient has wide freedom of choice in the selection of food and at the same time is following the prescription of his physician. The calories or food units of each kind contained in a portion are entered on the menu opposite the name of the dish. A patient who requires 200 calories of protein, 600 calories of fat and 1200 calories of carbohydrates selects these as he pleases, subject of course to any prohibitions which the doctor may have imposed. This plan, which recognizes the supreme importance of relish and palatability as aids to digestion, has proved very successful in the effective regulation of diet.

Special diet systems have been perfected to meet the needs of particular classes of invalids. Reducing diets, flesh-building diets and diets for cases of chronic constipation and diabetes have been worked out on lines that provide ample nutrition for the patient while eliminating every harmful element from the food. Cases of diabetes impossible to control with the limited diet facilities of the average home show rapid improvement under the Sanitarium diabetic diet, which contains many dishes originated expressly to give sufferers from this malady a nutritious and appetizing menu that is at the same time entirely safe.



OUTDOOR GYMNASIUM
FOR MEN PATIENTS

Exercise and Rest

“I HAVEN’T done this since I was a boy.”

That is what nearly every patient says when he starts to work in the outdoor gymnasium. Clad only in a swimming suit so that he may benefit by the tonic effect of air and sunshine on the skin, he starts in on the running track or the horizontal bars and is surprised to find the years dropping away from him so that some of them at least are entirely forgotten. This exercise prescription is not work at all, it is play.

The outdoor gymnasiums—there is one for men and another for women—bring back many of the joys of youth along with its recreations. The physical director sees that the doctor’s instructions are not exceeded, but otherwise the patient chooses those games which tempt him most and finds himself enjoying them heartily. There is a great swimming pool maintained at a comfortable temperature, shower baths, and all the usual gymnasium appliances. There are all the advantages of out-of-door recreation with medical care, luxurious quarters and wholesome food when the hours of “roughing it” are over. The Sanitarium routine of rest and exercise offers the real simple life with comfort.

There are many delightful variations of this outdoor life. Walking parties take cross country jaunts daily, the length being carefully graduated to suit the ability of the patients. Systematic walking is encouraged and correct habits of carriage are taught to enable the patient to secure the greatest benefit. The patient makes regular exercise reports to his doctor and is enabled to add to his walking exercise a little more each day without danger of over-exertion. The following interesting paragraphs are taken from suggestions for walking which are given to each patient.



THE EVENING MARCH
IN THE INDOOR GYMNASIUM

Walking exercise does little good unless carried to the point of moderate fatigue. A lazy stroll amounts to almost nothing. The exercise must be vigorous enough to make the heart beat faster and increase the respiration rate.

If you perspire a little you will get more benefit from the exercise. This is one of the ways in which nature works off the old sick man to make room for the new man of health.

Do not be discouraged if you feel a little sore and lame after the first walks if you have not been accustomed to exercise. This does no harm. It marks the beginning of the work of building new and stronger muscles.

If you have no serious affection of the heart, lungs, or kidneys, do not be afraid of getting a little out of breath. It will do you good. Hard breathing helps the stomach, liver, and bowels, and strengthens the chest.

Winter and summer offer equally attractive out-of-door programs at Battle Creek. In summer the lovely Michigan lakes give boating and fishing and the fine roads invite riding, driving and motoring. In winter there are coasting, skating, tobogganing and skiing. Are these proper occupations for sick folks? Certainly. When taken in accordance with the doctor's directions these are the things which make sick people well. The winter climate at Battle Creek is delightful and even the most delicate invalids get the benefit of the vitalizing atmosphere. There are daily sleigh rides with plenty of robes and footwarmers, and for the very feeble, wheel chairs on the long sunshiny porches. The patient is kept thoroughly warm while he breathes the stimulating, oxygen laden air. Appetite grows under the stimulus, the feeble pulse gets stronger, the gastric glands feel the influence of fresh red blood and the nerve centers fill themselves with new stores of energy. All the natural healing agencies of the body are set to work with new vigor for the restoration of health.



CHRISTMAS FESTIVITIES

The Evening Hour

EVERY day is a busy day at Battle Creek.

The business of getting well is followed here as thoroughly and energetically as the business of getting money is followed in a commercial house or the business of acquiring learning is followed in a great university.

By the time night comes every patient who has done his duty and followed the routine laid down by his doctor, has a sensation of pleasant physical fatigue. He find himself quite ready for the early bedtime earnestly recommended as part of the routine.

The hours between the evening meal and sleep are usually devoted to a lecture, a *musicale* or a moving picture entertainment which makes a pleasant and restful close to the day. Hardly a week passes without one or more lectures from some well-known author, preacher, traveler or statesman, for the Sanitarium attracts many such distinguished guests and the opportunity to hear and meet them is one of the privileges of the place.

Social life at Battle Creek is pleasant but unconventional. Every patient is made to feel at home in the common enjoyment of all the Sanitarium has to offer. Dress and amusements naturally conform to the rules of simplicity dictated by the requirements of health. Contests and tournaments in the various sports are arranged from time to time and there are valuable lecture courses on cookery, nursing and other subjects by the experts of the staff. The superintendent's "Question Box" evenings are always largely attended. Patients present questions relating to hygiene, diet, and similar topics and are answered entertainingly from the platform for the benefit of the whole audience.

Guests who prefer retirement are, of course, protected in this desire. The roomy verandas, conservatories and lawns

afford abundant opportunity for quiet and solitude. The kindly sympathy of every member of the large staff prevents loneliness or depression.

The easy freedom of this social life, the varied opportunities for diversion, the interesting educational and philanthropic activities of the Sanitarium surround the invalid with a cheerful atmosphere decidedly helpful to his physical condition. There are no idle hours for gloomy forebodings, no long empty days anticipated with dread. Even the feeblest patient has a daily program, rich in new activities and ideas.

While no two of these programs are alike, a specimen schedule for an average Sanitarium patient is given below:

6:00 A.M.—Rise and take a cold plunge or shower, after which dress and take part in a series of morning exercises under the direction of a trained instructor.

7:40—Breakfast.

9:00—Report to physician under whose direction you are resting and being taught how to take care of yourself.

9:30 to 10:30—Receive a bath treatment, prescribed by your physician and given by an expert operator according to the hydrotherapeutic methods taught at this resort. Following this, a swim if you wish.

10:30—Mechanical exercises in Swedish Department, followed by games or exercises in the gymnasium or a leisure period.

12:00 Noon—period for sleep or relaxation.

1:00 P.M.—Dinner

After dinner, you may exercise in the gymnasium, play volley ball, or indulge in any other amusement provided at the institution. In summer, this includes tennis and golf.

3:00—Wand drill, followed by volley ball, swimming and other sports. In winter, the wand drill takes place in the indoor gymnasium—in summer, in the outdoor gymnasium.

4:00—Massage treatment, if needed or desired.

5:00—Lecture or entertainment in the parlors.

6:00—Supper.

7:00—Indian club drill in the gymnasium.

7:10—Grand March in charge of the Director of Physical Development. This lasts until 7:30.

8:00—Health lecture or social entertainment in parlors or gymnasium.

Take Health Home With You

HELPING people get well is very important; teaching them how to keep well is much more so. The Health University at Battle Creek endeavors not only to build up sound bodies but to teach those fundamental rules of correct living which insure the lifelong preservation of health and vigor.

There are no mysteries or secrets in the treatment at this great health resort. The patient is thoroughly informed of the reasons behind everything he is required to do. He is told why certain elements are excluded from his diet; why his exercise prescription follows certain definite lines; why his bath treatments are radically different from those of his neighbor.

He acquires health habits. He is taught what to avoid; how to eat and breathe and exercise to make the most of his physical capital; how he can best conserve his energy to get the largest amount of pleasant and profitable activity into every day of his life.

Patients who have come face to face with the fact that their efficiency in business or professional work is being lowered through bad health frequently find that a definite and scientific knowledge of how they ought to live enables them to get back to a point where they can do more and better work than they ever did before.

The Sanitarium life and treatment makes people health-wise.

When it has been conclusively demonstrated that erroneous habits of eating and drinking can be laid aside without serious inconvenience, that exercise produces exhaustion only because it is not properly taken, and that living according to Nature's laws is not only perfectly possible but very pleasant, the health education may be said to be fairly begun.

Practically all of the most valuable features of Battle



TENNIS COURTS AND
SANITARIUM ANNEX

Creek treatment may be followed successfully at home after they have been carefully adapted to the patient's individual need under the observation of his physician.

The Sanitarium is really the center of a great educational movement in which every patient and guest is a student. It is a school of health where there are abundant opportunities to become well informed in all matters pertaining to diet, dress, exercise and general health culture. This plan insures the patient's intelligent co-operation during the time he is under treatment and gives him a valuable fund of health wisdom to be drawn upon in after life.

The special foods served in the Sanitarium are sold in most large cities, so that a patient who has made progress under a carefully tested diet can continue it in his own home. Recipes of the meat substitutes, delicate vegetable dishes and delicious desserts of the daily menu may be procured for the home cuisine. Housewives staying at the Sanitarium are always greatly interested in its culinary activities and are glad to attend the cooking lectures which tell how these results may be secured.

At the Office Window

YOU may be lodged as luxuriously or as modestly as you please at the Sanitarium. The main building affords the accommodations and service of a hotel of the highest class. The rooms are spacious and well furnished, most of them with private baths. All the guest rooms have outside exposure and are sun-lighted at some time of the day. The bath houses and gymnasium are reached from the main building without going outdoors. Rates in the main building are naturally somewhat higher than in the other buildings, though they are moderate for accommodations of this class.

At the Sanitarium annex a short distance from the main building rates are decidedly lower, though the rooms are very comfortable and attractive. The building is beautifully situated and finished inside in the cheerful colonial style.

For guests who want the benefit of Sanitarium treatment, yet who must be very careful in matters of expenditure, the several halls—of which East Hall is the largest—offer perfectly comfortable quarters at very modest prices.

Friends accompanying patients may secure accommodations without treatment in either the main building or the Annex.